Inſtructions and Regulations for the Faſt of LENT, in the Year 1799,

ADDRESSED TO THE FAITHFUL OF THE LONDON DISTRICT.

Now therefore, ſaith the Lord, be converted to me with all your heart, in faſting and in weeping and in mourning. Joel ii. 12.

SINCE the time is now approaching wherein the Church calls upon her children to enter on the holy Faſt of Lent; a Faſt appointed to be an atonement for the ſins they have committed, We moſt earneſtly beſeech you, Brethren, to obey her ſummons, and to obſerve all the rules of this Apoſtolical Inſtitution in the true ſpirit of penance.

For when we conſider the many and grievous ſins we have been guilty of, how can we help trembling under the apprehenſion of the Divine Juſtice? And when we look abroad, and ſee the calamities, with which Chriſtian Europe has been ſo long afflicted, increaſing daily, and involving more countries in deſolation, irreligion, and every ſpecies of diſtreſs, who does not feel convinced that ſuch dreadful ſcenes muſt be the effuſion of God's wrath upon the ſins of his people?

And let it not be ſaid that theſe judgments fall upon foreign countries only: for who can ſuppoſe that our ſins have not deſerved the like chaſtiſements? Who can reſt aſſured that the vial of God's wrath may not be poured alſo upon theſe kingdoms, if we turn not from our evil ways, and bring forth fruit worthy of penance? It is, ſurely, time for all kingdoms to take the alarm.

When certain men told our Divine Redeemer of the Galileans, whoſe blood had been mingled by Pontius Pilate with their ſacrifices: *He anſwering ſaid to them: Think you that theſe Galileans were ſinners above all the men in Galilee, becauſe they ſuffered ſuch things? I ſay to you, No: but except you be penitent, you ſhall all likewiſe periſh.* Luke xiii. 2, 3.

There is no alternative: either we muſt do penance for our manifold violations of the Divine L[illegible]w, we ſhall be chaſtiſed by the avenging hand of the Divine Juſtice.

Now therefore, Brethren, let us hearken to the call of mercy: and let us be converted to our God in faſting, and in weeping, and in mourning. Perhaps he will turn from his fierce anger: *for he is gracious and merciful, patient and rich in mercy, and ready to repent of the evil.* Joel ii. 15.

The diſcipline of the Church in this kingdom requires that in Lent we refrain from the uſe of Fleſh Meat, of Eggs and of Cheeſe, through the whole of the forty days: But as the circumſtances of the times plead for a relaxation of this diſcipline, We grant the following

ALLOWANCES FOR LENT.

1°. Fleſh Meat is allowed on all Sundays, Tueſdays and Thurſdays for five weeks; beginning with the firſt Sunday, and ending with the Thurſday before Palm Sunday. On the Tueſdays and Thurſdays this allowance is granted for once in the day only.

2°. Eggs are allowed on all days excepting Aſh-Wedneſday and the four laſt days of Holy Week.

3°. Cheeſe is allowed every day excepting Aſh-Wedneſday and Good-Friday.

London, Jan. 19th, 1799.

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